

THANK GOD IT'S MONDAY!

Roxanne Emmerich



TGIM WEEKLY AUDIO: Fresh Starts

**Transcription*

Thank God It's Monday!™ Fresh Starts—aren't they great? People knock themselves out making New Year's resolutions, only to let them fall flat within weeks. And then unfortunately that person feels even worse. Of course I'm sure that NEVER happened to you, right?

The problem is that it doesn't work. It's not ABOUT New Year's resolutions; it's about understanding a constant commitment to excellence and the behaviors.

Think of it this way. People go on a diet. They drink that darn carrot juice for weeks only to discover that it's Martha's birthday and the cupcakes have arrived. Fabulous—an excuse to not have carrot juice!

And then the guilt and shame washes over that person and she feels like she failed at yet another diet, I think the 14th that year in fact.

The problem was, it was the wrong mindset.

It's about understanding the nature of true commitments. IF we fall off the wagon on a commitment, that's not great, BUT it's *still* our commitment so we need to get right back going again. It's not a reason to stop.

If every human understood that we'd all be healthy, slim, and prosperous. *It's about never letting a setback be a reason to stop.*

Have a great Monday!

Roxanne

Roxanne Emmerich's Thank God It's Monday! How to Create a Workplace You and Your Customers Love climbed to #1 on Amazon's bestseller list and made the New York Times and Wall Street Journal bestseller lists—all in the first week of its release. Roxanne is renowned for her ability to transform “ho-hum” workplaces into dynamic, results-oriented, “bring-it-on” cultures. If you are not currently receiving the Thank God It's Monday e-zine and weekly audios, subscribe today at www.ThankGoditsMonday.com.

© (MMIX) Leadership Avenue Press, LLC. All rights reserved, including translation.

www.ThankGoditsMonday.com